

# AOD-9604

## History and Background

AOD-9604 is a modified fragment (amino acids 177-191) of human growth hormone (hGH) developed in the 1990s by Australian scientists. It was specifically designed to retain the fat-burning properties of GH while eliminating effects on blood sugar and IGF-1. AOD stands for "Anti-Obesity Drug." It underwent phase 2 clinical trials for obesity but was not approved. Despite this, it has gained popularity in research and athletic communities for targeted fat loss without the side effects of full GH.

## Primary Uses

AOD-9604 is investigated for targeted fat loss and body recomposition, reduction of abdominal and visceral fat, improved metabolic function, preservation of lean muscle mass during fat loss, potential cartilage repair and joint health, and athletic body composition optimization.

## How It Works

AOD-9604 mimics the fat-burning region of GH without affecting blood glucose or IGF-1 levels. It works by stimulating lipolysis (fat breakdown) and inhibiting lipogenesis (fat formation). Unlike full GH, it does not bind to GH receptors, thus avoiding effects on insulin sensitivity and cell growth. It specifically targets adipose tissue, promoting the release and oxidation of stored fat while potentially offering cartilage regenerative properties.

## Standard Protocol

**Dosing:** Standard: 300mcg daily (150mcg twice daily). Aggressive: 500-600mcg daily in 2-3 doses. Best taken on empty stomach.

**Administration:** Subcutaneous injection, typically in abdominal area. Comes as lyophilized powder requiring reconstitution with bacteriostatic water.

**Timing:** Most effective when dosed during fasted periods: upon waking (before breakfast) and before bed. Some add midday dose on empty stomach.

### Titration Schedule:

**Standard Dose:** 300mcg daily, split into 2 doses (morning and pre-bed)

**Aggressive Protocol:** 500-600mcg daily in 2-3 divided doses

**Timing:** Fasted state (morning) and before bed for optimal fat mobilization

**Duration:** 8-12 weeks for noticeable fat loss

**Duration:** Minimum 8-12 weeks to assess fat loss effects. Can be run for 3-6 months. Often cycled: 12-16 weeks on, 4 weeks off.

## What to Expect

## Positive Effects (Week 1-2)

Gradual reduction in body fat, particularly abdominal and stubborn areas. Improved body composition without muscle loss. Enhanced metabolic rate. No impact on blood sugar. No increase in appetite (unlike some GH products). Potential improvements in joint health and recovery.

## Timeline to Results

Initial changes: 3-4 weeks (subtle). Noticeable fat loss: 6-8 weeks. Significant body composition changes: 10-12 weeks. Optimal results: 3-4 months of consistent use combined with diet and exercise.

## Dose Response

Higher doses (500-600mcg) produce faster results but with diminishing returns. Most users find 300mcg effective. Consistency more important than high dosing. Results amplified when combined with proper diet and exercise.

## Pros

- Targeted fat loss without affecting muscle mass
- No impact on blood glucose or insulin sensitivity
- Does not increase IGF-1 (safer than full GH)
- No increase in appetite or water retention
- Can be used long-term with minimal side effects
- Particularly effective for stubborn abdominal fat
- May offer joint and cartilage benefits
- Well-tolerated with minimal reported sides
- Does not require cycling off as aggressively as GH
- Cost-effective compared to HGH

## Cons

- Effects are gradual and subtle (not dramatic)
- Requires consistent use for 8-12+ weeks
- Individual response varies significantly
- Not FDA-approved (failed obesity trials)
- Requires proper diet and exercise for optimal results
- Quality varies significantly between suppliers
- Must be refrigerated after reconstitution
- Requires twice-daily injections for best results
- Limited long-term human safety data
- May not work for all users

## Who Should Consider It

Individuals focused on fat loss and body recomposition, those seeking targeted abdominal fat reduction, athletes preparing for competition, people who want fat loss without muscle loss,

individuals looking for GH benefits without blood sugar effects, users willing to commit to 12+ weeks of consistent use.

## **Who Should Avoid It**

Those seeking rapid dramatic weight loss, individuals not willing to maintain proper diet and exercise, pregnant or breastfeeding women, people with active cancer, those seeking immediate results, individuals unable to commit to consistent injection schedule.

***AOD-9604 is not FDA-approved. It failed clinical trials for obesity treatment. For research purposes only. Individual results vary significantly. Should be used with proper diet and exercise. This information is for educational purposes only.***

